

# A Healthier You For A Healthier Baby

## *Why is your health important before you get pregnant?*

The healthier you are when you get pregnant, the better your chance is of having a healthy baby. Living well, being healthy, and feeling good about your life are important to you and your future babies! If you have a medical condition, like a sexually transmitted infection, diabetes, thyroid disease, PKU, a seizure disorder, high blood pressure, arthritis, an eating disorder, or a chronic disease, it is important to get the condition treated and under control before you get pregnant.

## *What is a preconception care check-up?*

Having a preconception care check-up with your doctor helps you find out what could affect your pregnancy and allows you to take steps to increase the chances of having a healthy baby. Your doctor can help you make a plan and take action.

## *What are some healthy steps to take before getting pregnant?*

Getting and staying healthy before pregnancy are important for both women and men. Your doctor will help you decide which steps are most important to take. Examples are:

- Getting treatment for a medical condition
- Losing weight
- Eating healthy foods, including plenty of fruits and vegetables
- Getting regular physical activity each week
- Stopping alcohol and street drug use
- Quitting smoking
- Making sure immunizations are up-to-date
- Taking at least 400 mcg of folic acid every day
- Learning about what medicines and supplements are okay to take



*For more information go to:* [www.cdc.gov/preconception](http://www.cdc.gov/preconception)



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